

City of Duluth

Bridge to Wellness Newsletter

Featured Employee: Tom Johnson—Project Engineer

Upcoming Events:

- June 6—National Trails Day! Get out and explore the local trails or take a guided hike with the Superior Hiking Trail Association (more at SHTA.org) (Jay Cooke 10-2)
- June 2, 9, 16, 23 & 30 Chester Creek Concert Series 7-8:30pm FREE
- June 12-13—Park Point Rummage Sale
- June 19 & 20—Grandma's Marathon weekend events (grandmasmarathon.com)
- June 23—City of Duluth Employee Blood Drive
- June 27-28 Park Point Art Fair
- July 1st—Stand Up Paddle Board Demo at Park Point (FREE)

Tom Johnson could be considered a picture of health. The Project Engineer has his own reasons and methods for staying healthy:

Tom's Philosophy on Wellness? Bodies in motion stay in motion. A person needs to keep moving to age well, and it's more evident as you get older. When you're young, you feel like you can coast and get away with it, as you get older, it gets harder physically and mentally to get started again and get back into shape. Tom tries to take a holistic approach—eat well, a daily workout, and have fun that is active.



What do you do to stay healthy? Tom focuses on weight & core training for injury prevention and calorie burn and saves cardio for fun. Cardio is seasonal—ski in the winter, bike & run in the summer, keeping that as “fun” activity. Tom's wife will workout with him and their kids see them working out and want to join in! While sleep is limited, Tom & family eat well—lots of veggies, good sources of protein, no refined flours & no sugar. For Tom, working out burns stress and is a time for reflection, both important to stay healthy.

What motivates you to stay healthy? Aging, Tom wants to stay active as he ages. He has young kids and wants to be active with them, teach them sports and just have a good quality of life.

What inspires and challenges you and how do you overcome those challenges? Challenges are schedules—working full-time, having 3 kids, house projects, all of that could be considered a challenge. But Tom makes working out a priority. He no longer sacrifices working out for house projects, but will take time out for himself to make for a happier & healthier spouse & dad. **Any advice?** Bodies in motion, stay in motion. If you want an active life, you have to be active and fuel right.

June is National Safety Month

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“What I Live For”

June is National Safety Month and the theme this year is What I Live For.

What do YOU Live For? Maybe it's: Saturday morning bike rides?

Attending your child's hockey or soccer games or taking them swimming?

Fishing on the Big Lake?

Riding the motorcycle up the shore? Maybe it's working in the woodshop or the garden. Going to the cabin? Whatever it is that drives

you, be sure to stay safe this summer! A few friendly reminders to make your summer safer and more enjoyable:

-Put the phone down when driving

- Consider swimming lessons for your child (or yourself) and be sure to **wear a PFD** (Personal Flotation Device) when you are on the water

-Wear a helmet riding 2-wheels (& ATV's)

-Wear Sunscreen

- Wear safety glasses and earplugs when operating heavy equipment (even your lawnmower)

- When lifting heavier objects—remember to lift with your legs not your back and use the buddy system—many hands make light work.

- When it's hot—stay hydrated, drink plenty of water

-Keep susceptible food in a cooler with ice-packs
Wishing everyone a safe, healthy and FUN summer!

Fitness Tracking Devices...the Good, the Bad, the Ugly?



So many choices ...

There are so many devices and apps out there to track your health, it can be overwhelming to even know where to start and/or what will give you the most “bang for your buck”.

And why? Why should we keep track of our steps or heart rate or other information?

While some of the information may not be necessary, some of it can be life-saving. Without getting too detailed, the key to selecting a tracking device is knowing what your goals are.

- 1.) What information do YOU want to know?
- 2.) What will you DO with that information?

If you are looking to improve your performance (think racing that next 5K), your best bet will be a device that monitors heart-rate. If you are just curious and more interested in raising awareness, there are simple devices, apps or websites that you can tap into. Again, the key is what are you going to do with all of that information once you have it? Knowing that cost can be prohibitive, there are some reasonable devices that can function in many ways. **Just take heed, NOT ALL devices track accurately!** Some can be off by as much as 40% (if you were tracking steps for example, some may over-count by as much as 40% where calorie counters can be off by 15%), but it shouldn't deter you from knowing numbers.

Top picks to consider:

Tracking Devices

- Fitbit Charge HR
- Fitbit Surge
- Microsoft Band
- Polar M400
- Mio Fuse
- Garmin Vivoactive
- Basis Peak
- Jawbone Up24

Whether you're looking to transform your body or want to know how many times you woke up last night, there's plenty to choose from. Need help? Feel free to ask Angel!

Last newsletter I mentioned
a Wellness Consultation...

What is a Wellness Consultation?

Wellness Consultations offer employees an opportunity to develop a personalized fitness plan, focus on nutrition, weight management, goal-setting and more.

During a wellness consultation session you will meet to:

- Develop a wellness vision
- Assess readiness for change
- Create and work on short-term and long-term goals
- Identify barriers and problem-solving strategies.

If this is something you are interested in and would like to take advantage of, please contact Angel at 730-5201 or email ahohenstein@duluthmn.gov to schedule an appointment.

All information is kept strictly confidential.

Nutrition...What does it mean?

Eat This Not That! High Carbs Low Fat! No wonder we're confused about what to consume. We're inundated by messages daily about what we should or shouldn't put into our bodies. Focusing on good nutrition rather than diets or "bad" foods is an easier and more sensible approach to eating.

Nutrition by definition is the science that interprets the interaction of nutrients and other substances in food, in relation to maintenance, growth, reproduction, health & disease of an organism. What that means is simply to evaluate **nutrients** in your food. Think about **FUELING** your body. Does that cookie have the vitamins and minerals or dietary fiber my body needs to repair bone, create blood, help my eyesight? Have I consumed enough protein to repair muscles? Have I replaced the water and electrolytes I sweat out in that hour-run? Thinking about food in the most natural way possible (as fuel for the body) may help re-frame your next meal or snack

choice. Craving something sweet? Go for that apple that has fiber to help the liver digest and breakdown all of the sugars that apple gives you. Need something salty? Try pistachios to give you not only protein, but fiber as well..

Check out www.eatright.org or

www.whatscooking.fns.usda.gov

for tips to incorporate more **nutrients** into your next meal.



Healthy & Easy Food Ideas for Camping

It's that time of year! Time to get out and enjoy the weather while we can! For those who like to camp but have no idea what to prepare for food, or are looking for ways to shake it up—here are some easy (and healthy) ideas that everyone (including "picky eaters") can enjoy.

Easy to Carry Foods for a hike or day trip:

1. Trail mix, but make your own—it's cheaper and you get more. Include nuts, seeds, dried or freeze-dried fruits, dried veggies, options are endless!
2. Nut butters (bring an apple to

- dip with if you have room)
3. Whole-grain tortillas or pitas
4. Dried hummus (just add water and if you're trip is only a day or two, carrots can come along)
5. Tuna pouches
6. Natural or organic meat jerky
7. Energy bars, gels or chews
8. Fruit leather
9. Don't forget WATER!

Easy to Prep Foods for Camping:

1. All of the previously mentioned foods
2. Dried beans convert into easy burritos (with whole-

grain tortillas)

3. Fruit or vegetable purees in squeeze pouches (easy to hike with too)
4. Couscous or Quinoa cook up fast. Throw some spices and re-hydrated veggies in the mix—delish!
5. Oatmeal is King when it comes to ease. Top it with a little honey packet, cinnamon, toss in dried fruit—breakfast is served.
6. Whole-grain pasta, dried soups, rice mixes are all easy to boil up. Some mixes can be high in sodium so just take that into account if you're not sweating too much.
7. Of course if you have the luxury of a cooler—options are endless!

Recipe of the Month: Strawberry-Banana Ice Cream Sandwiches

Strawberries should be coming soon! Here's an easy and healthy way to use them if you have an abundance.

INGREDIENTS

- 5 Ripe Bananas
- 3/4 Cup Diced Strawberries
- 11 Graham Cracker sheets

DIRECTIONS

Line an 8x8 dish and baking sheet with parchment paper. Set

aside. Slice bananas into disks, set in a single layer on lined baking sheet and place in freezer for 2 hours or until frozen.

In blender place frozen banana slices and blend until creamy. Transfer bananas into a large bowl and fold in diced strawberries. Into

the lined 8x8 dish, spread strawberry /banana mixture in an even layer. Place back in freezer for 3 more hours (or until frozen). When frozen, cut banana mixture into squares, using graham cracker as pattern. Assemble and enjoy!

Wrap remainder in plastic wrap and put back in freezer until ready to eat.



Looking for team members to run or walk the Sidewalk Shuffle 5k taking place on July 8th at 12pm (lunch-hour run)! The cost is \$20/person for a 5-person team.

If you are interested in representing the City (need not be competitive), please contact Angel at 730-5201 or email ahohenstein@duluthmn.gov.



Opportunities to Do Well:

- Please consider donating Blood at the **BLOOD DRIVE** on June 23rd. If you sign-up, you will be entered into a drawing to win Twins tickets! Call Michele at 740-1541 or mkeil@mbc.org to sign up for a time slot.
- Relay for Life Mini-Event at the Duluth Airport Authority—July 14th. Come take a walk with us from 11:00am-1:00pm at the Airport! It's easy, you get a nice break in the day, and the funds raised go to a good cause. Sponsored by the Duluth Airport Authority.

Be sure to check out the Bridge portal or the Bridge to Wellness site for more information, upcoming events and more! Subscribe to the bridgetowellness contact list to receive regular tips, reminders and other information regarding wellness.

<http://www.duluthmn.gov/bridge-to-wellness/>



NEW Wellness Days! This Month: Try Stand Up Paddle Board

Opportunities to Be Well:

Try Stand Up Paddle Boarding for FREE at Park Point Beach House on July 1st at 5:00pm. It's free and open to you and whoever you would like to bring along. Please RSVP with Angel at ahohenstein@duluthmn.gov or call 730-5201. Due to the limited number of boards, I will need to know how many people plan on attending.

